



| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| <p><b>Bag Breakfast</b></p> <p>Apple Cinnamon Cheerios<br/>Tiger Grahams<br/>100% Juice<br/>Craisins 1% White Milk or 1% Chocolate Milk</p> <p>2</p>   | <p><b>Bag Breakfast</b></p> <p>Trix Cereal Bar<br/>Cinnamon Goldfish<br/>Mini Fruit Bar<br/>100% Juice 1% White Milk or 1% Chocolate Milk</p> <p>3</p>   | <p><b>Bag Breakfast</b></p> <p>WG Bagel with Cream Cheese<br/>Fresh Apple<br/>100% Juice<br/>1% White Milk or 1% Chocolate Milk</p> <p>4</p>                                 | <p><b>Bag Breakfast</b></p> <p>Apple Muffin<br/>Vanilla Goldfish<br/>Craisins<br/>100% Juice 1% White Milk or 1% Chocolate Milk</p> <p>5</p>                         | <p><b>Bag Breakfast</b></p> <p>WG Goody Bun<br/>Apple Fruit Crunchable<br/>100% Juice 1% White Milk or 1% Chocolate Milk</p> <p>6</p>         |
| <p><b>Bag Breakfast</b></p> <p>Blueberry Chex<br/>Scooby Grahams<br/>Pear Cup<br/>100% Juice 1% White Milk or 1% Chocolate Milk</p> <p>9</p>           | <p><b>Bag Breakfast</b></p> <p>Strawberry Nutri Grain Bar<br/>Cinnamon Goldfish<br/>Mixed Fruit Cup<br/>100% Juice 1% White Milk or 1% Chocolate Milk</p> <p>10</p>                                    | <p><b>Bag Breakfast</b></p> <p>Cinnamon Goldfish Cracker<br/>Fresh Apple<br/>100% Juice<br/>Dannon Nonfat Creamy Yogurt<br/>1% White Milk or 1% Chocolate Milk</p> <p>11</p> | <p><b>Bag Breakfast</b></p> <p>WG Blueberry Muffin<br/>Goldfish Grahams<br/>Craisins<br/>100% Juice<br/>1% White Milk or 1% Chocolate Milk</p> <p>12</p>             | <p><b>Bag Breakfast</b></p> <p>Apple Roll<br/>Peach Cup<br/>100% Juice 1% White Milk or 1% Chocolate Milk</p> <p>13</p>                       |
| <p><b>Bag Breakfast</b></p> <p>Cinnamon Chex<br/>Tiger Grahams<br/>Peach Cup<br/>100% Juice 1% White Milk or 1% Chocolate Milk</p> <p>16</p>           | <p><b>Bag Breakfast</b></p> <p>Double Chocolate Oatmeal Bar<br/>Cinnamon Goldfish<br/>Apple Banana Bar<br/>100% Juice 1% White Milk or 1% Chocolate Milk</p> <p><b>St. Patrick's Day</b></p> <p>17</p> | <p><b>Bag Breakfast</b></p> <p>WG Bagel with Cream Cheese<br/>Fresh Apple<br/>100% Juice<br/>1% White Milk or 1% Chocolate Milk</p> <p>18</p>                                | <p><b>Bag Breakfast</b></p> <p>Double Chocolate Chip Muffin<br/>Vanilla Goldfish<br/>Craisin<br/>100% Juice 1% White Milk or 1% Chocolate Milk</p> <p>19</p>         | <p><b>Bag Breakfast</b></p> <p>WG Frosted Strawberry Poptart<br/>Pear Cup<br/>100% Juice<br/>1% White Milk or 1% Chocolate Milk</p> <p>20</p> |
| <p><b>Bag Breakfast</b></p> <p>Golden Grahams Cereal<br/>Tiger Grahams<br/>Craisin<br/>100% Juice<br/>1% White Milk or 1% Chocolate Milk</p> <p>23</p> | <p><b>Bag Breakfast</b></p> <p>Apple Nutri Grain Bar<br/>Cinnamon Goldfish<br/>Pear Cup<br/>100% Juice<br/>1% White Milk or 1% Chocolate Milk</p> <p>24</p>  | <p><b>Bag Breakfast</b></p> <p>Cinnamon Goldfish Cracker<br/>Fresh Apple<br/>100% Juice<br/>Dannon Nonfat Yogurt<br/>1% White Milk or 1% Chocolate Milk</p> <p>25</p>        | <p><b>Bag Breakfast</b></p> <p>WG Banana Muffin<br/>Vanilla Goldfish<br/>Apple Cinn Fruit Crunchable<br/>100% Juice 1% White Milk or 1% Chocolate Milk</p> <p>26</p> | <p><b>Bag Breakfast</b></p> <p>WG Breakfast Ring<br/>Mixed Fruit Cup<br/>100% Juice 1% White Milk or 1% Chocolate Milk</p> <p>27</p>          |
| <p>No School</p> <p>30</p>   | <p>No School</p> <p>31</p>   |  |  |   |



**Thought for Thought**

**Tips & Information**

Established in 1989, the National School Breakfast week was created to remind and encourage all students to eat a nutritious breakfast. Research has shown eating breakfast in the morning provides the fuel children need to perform all day. Look to fresh fruits, vegetables, nuts, yogurt or toast for a quick and delicious meal.

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**\*\*SCHOOLS ONLY\*\***

"or:" = An alternative selection to choose. "WG" = Whole Grain  
1% White & 1% Chocolate Milk available daily. (GSRP-white milk only)

**\*\*Menu Subject to Change\*\***

